WESLO®
CADENCE
215S

# USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

1-888-936-4266

Mon.–Fri., 8h00 until 18h30 EST (excluding holidays)
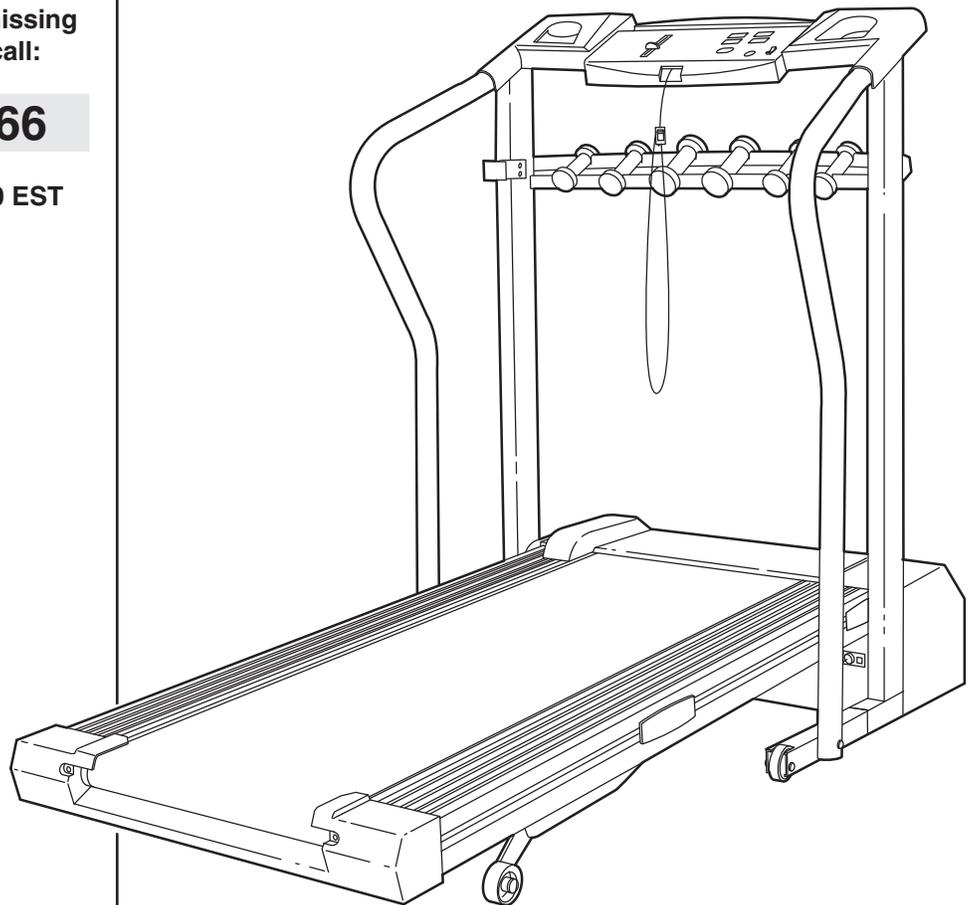
⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

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Note: An EXPLODED DRAWING and a PART LIST are attached in the center of this manual. Save the EXPLODED DRAWING and PART LIST for future reference.

IMPORTANT PRECAUTIONS

⚠ **WARNING:** **To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.**

1. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**

2. **Use the treadmill only as described.**

3. **Place the treadmill on a level surface, with 2 m (8 ft.) of clearance behind it. Do not place the treadmill on a surface that blocks any air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**

4. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**

5. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**

6. **Keep children under the age of 12 and pets away from the treadmill at all times.**

7. **The treadmill should be used only by persons weighing 113 kg (250 lbs.) or less.**

8. **Never allow more than one person on the treadmill at a time.**

9. **Wear appropriate exercise clothing when using the treadmill. Do not wear loose cloth-ing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women.** *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*

10. **When connecting the power cord (see page 7), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.**

11. **Use only a CUL-listed surge protector, rated at 15 amps, with a 14-gauge cord of 1.5 m (5 ft.) or less in length. Do not use an extension cord.**

12. **Keep the power cord and the surge suppressor away from heated surfaces.**

13. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See BEFORE YOU BEGIN on page 4 if the treadmill is not working properly.)**

14. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.**

15. Do not perform exercises with the hand weights at speeds faster than a walk. Using weights and not holding the handrails may compromise your ability to maintain your balance. Exercises using weights should be attempted only by experienced users.

16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.

17. Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.

18. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

19. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on pages 5 and 6, and HOW TO FOLD AND MOVE THE TREADMILL on page

10.) You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.

20. When folding or moving the treadmill, make sure that the storage latch is fully closed.

21. Inspect and tighten all parts of the treadmill every three months.

22. Never drop or insert any object into any opening.

23. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

24. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.

⚠ **WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decal shown below has been placed on your treadmill. If the decal is missing or illegible, please call our Customer Service Department, toll-free, to order a free replacement decal (see ORDERING REPLACEMENT PARTS on the back cover of this manual). Apply the decal in the location shown.
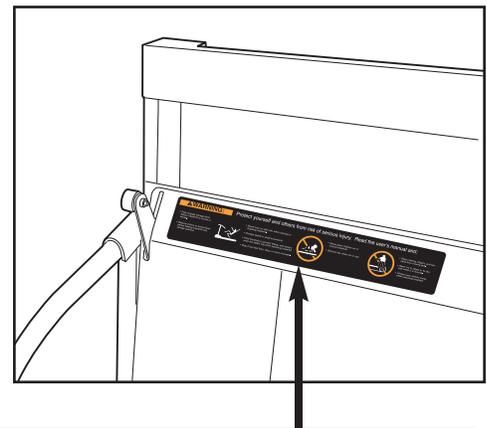
Note: Decal is shown at 38% of actual size.

⚠**WARNING:** Protect yourself and others from risk of serious injury. Read the user's manual and:

- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to lowest level before folding treadmill into storage position.

- Stand only on side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.

- Never allow children on or around treadmill.
- Remove key when not in use.

- Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating treadmill.

BEFORE YOU BEGIN

Thank you for selecting the WESLO® CADENCE 215S treadmill. The CADENCE 215S combines advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home. And when you're not exercising, the CADENCE 215S can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have additional questions, please call our Customer Service Department toll-free

at 1-888-936-4266, Monday through Friday, 8h00 until 18h30 EaStern time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is WCTL49300. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

Water Bottle Holder
(Bottle not included)

Console

Weight Rack

Key/Clip

Upright

Storage Latch

Handrail

Walking Belt

RIGHT SIDE

Foot Rail

Circuit
Breaker

Power
Cord

Rear Roller
Adjustment Bolts

BACK

Incline Leg
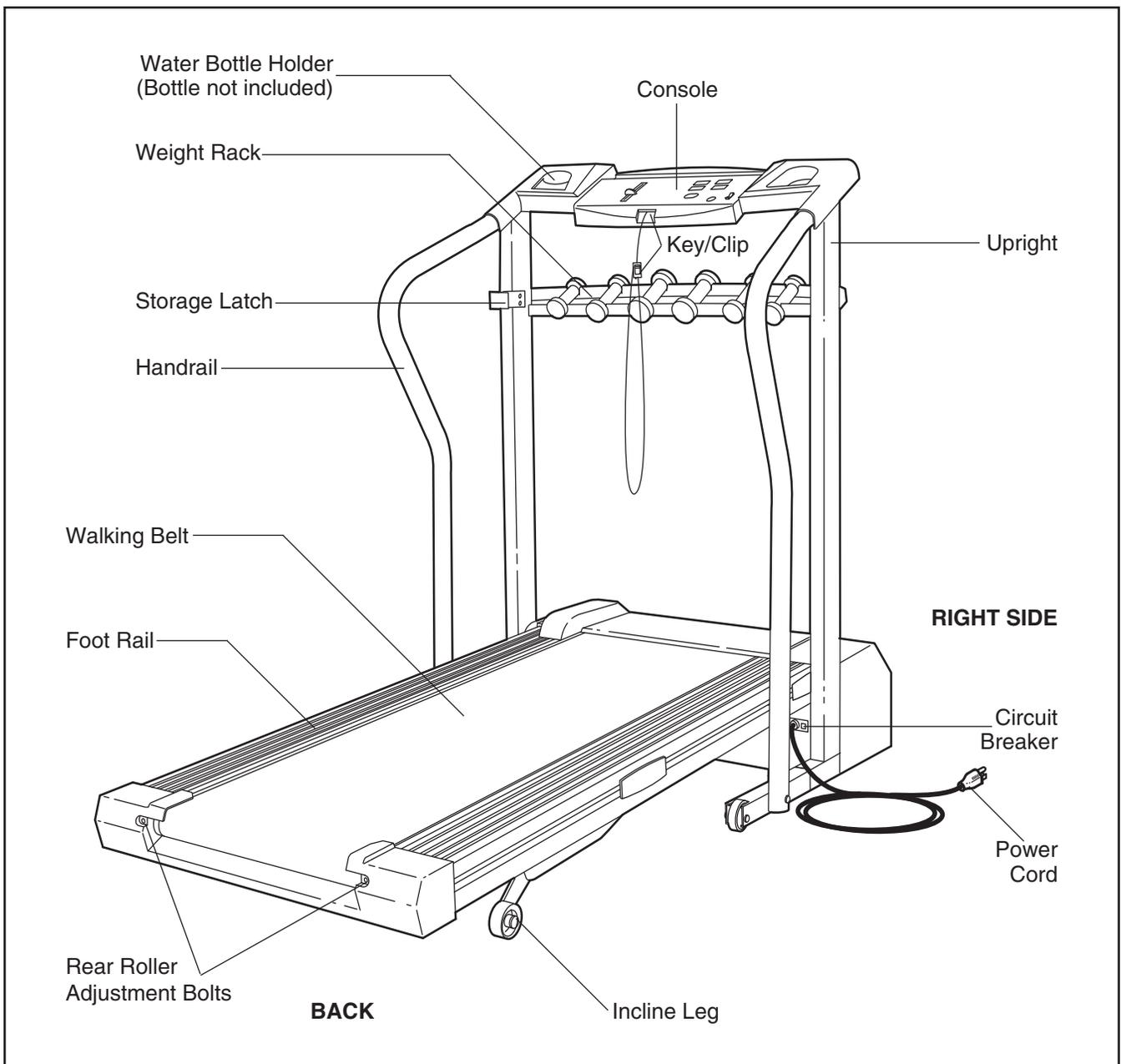
ASSEMBLY

Assembly requires two people. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included allen wrench and your own phillips screwdriver** ⟨screwdriver⟩ **, two adjustable wrenches** ⟨wrench⟩ **and wire cutters** ⟨cutters⟩ **.**
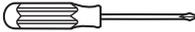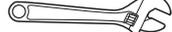
Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Extension Leg Screw (53)–2

Handrail Bolt (91)–2

Screw (33)–6

Handrail Nut (15)–2   Handrail Washer (92)–2   Rack Washer (41)–2   Rack Bolt (89)–2
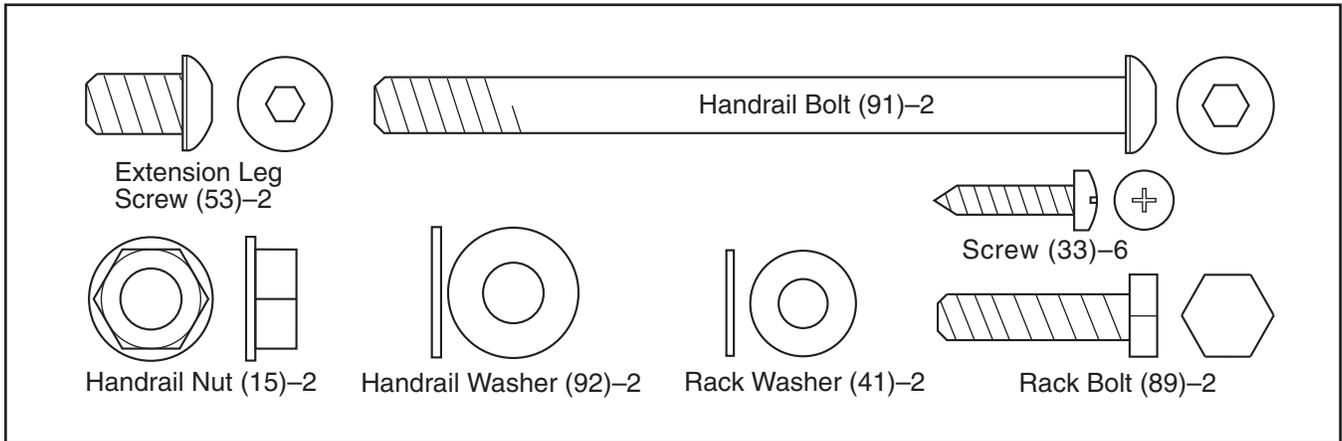
1. With the help of a second person, carefully raise the Uprights (11) until the treadmill is in the position shown.
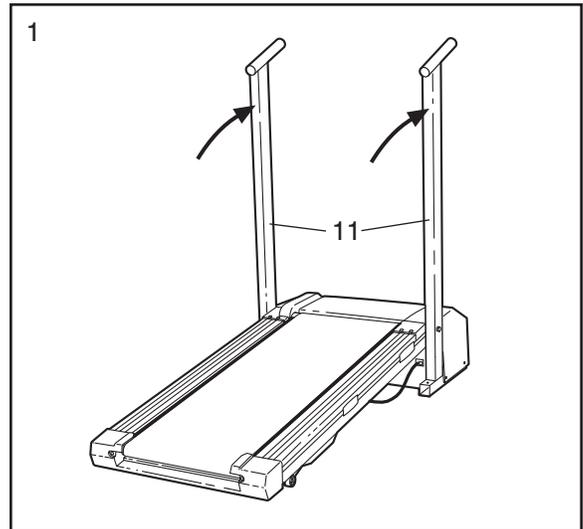
2. Insert one of the Extension Legs (34) into the treadmill as shown. (Note: It may be helpful to tip the Uprights [11] in the direction shown by the arrow as you insert the Extension Leg.) Make sure that the Base Pad (40) is on the indicated side of the Extension Leg. Attach the Extension Leg with an Extension Leg Screw (53). **Be sure to push on the head of the Extension Leg Screw while tightening it.**

   Attach the other Extension Leg (34) in the same way.
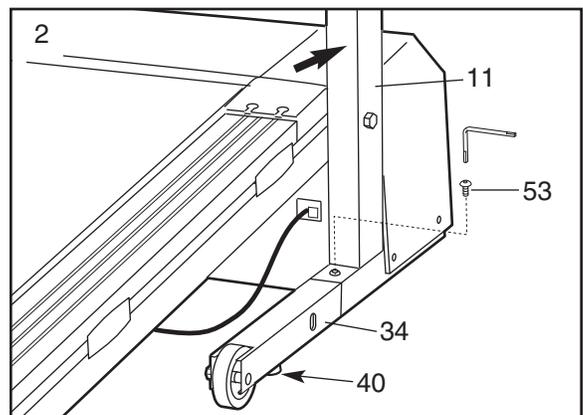
3. Attach the Weight Rack (90) to the Uprights (11) with the two Rack Bolts (89) and Rack Washers (41). Note: If necessary, spread the Uprights apart slightly to align the holes in the Weight Rack with the holes in the Uprights.

   Insert the Right Handrail (88) into the upper end of the right Upright (11), with the lower end of the Handrail to the side of the Extension Leg (34) as shown. Have a second person hold the Right Handrail until step 4 is completed.
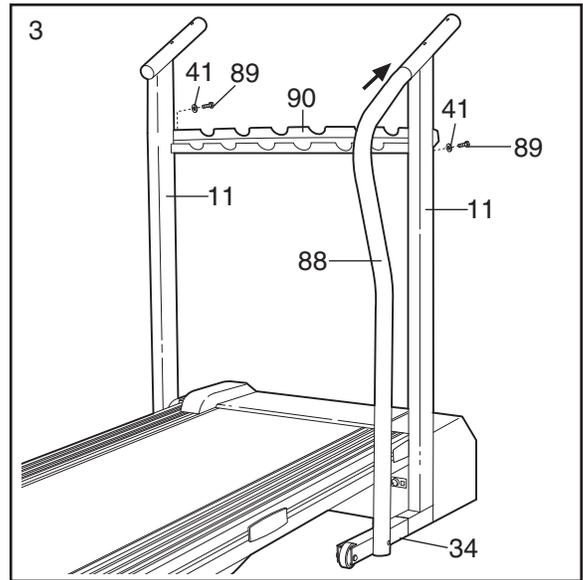
4. Attach the lower end of the Right Handrail (88) to the Extension Leg (34) with a Handrail Bolt (91), a Handrail Washer (92), and a Handrail Nut (15) as shown. Note: It may be necessary to push on the lower end of the Handrail to align the hole in the Handrail with the hole in the Extension Leg.

   Attach the Left Handrail to the left Extension Leg (not shown) as described above.
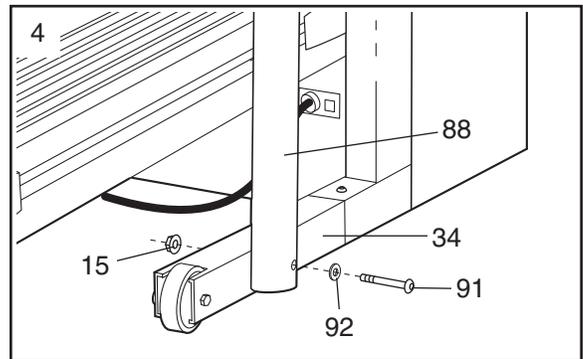

5. Cut and remove the plastic tie on the right Upright (11).

   Place the Console Base (46) on the right and left Uprights (11) (only the right Upright is shown). Wrap the indicated cable tie around the Wires (21) or pull the Wires through the cable tie loop. Pull the cable tie tight and cut off the end of the cable tie.

   Connect the two indicated Wires (21) to the two connectors in the Console Base (46). **Important: Make sure the Wires are fully inserted. WARNING: Do not disconnect or connect the Wires while the treadmill power cord is plugged in.** Loosely thread four Screws (33) into the Uprights and the Console Base. After all four Screws have been started, **tighten the Screws until they are snug; do not overtighten the Screws.**
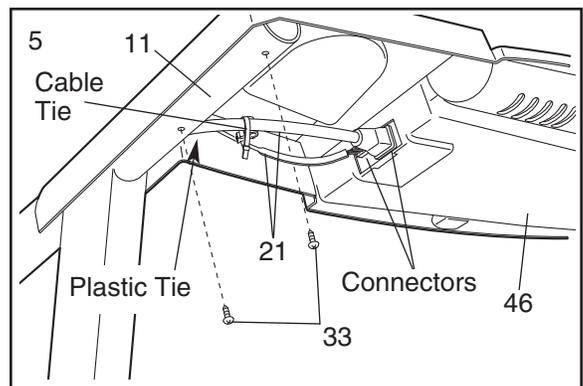
6. Attach the Storage Latch (14) to the left Upright (11) with two Screws (33). **Be careful not to overtighten the Screws.**

   Place the two 3-lb. Weights (79) in the center of the Weight Rack (90). Next, place the 2-lb. Weights and the 1-lb. Weights (not shown) in the Weight Rack.
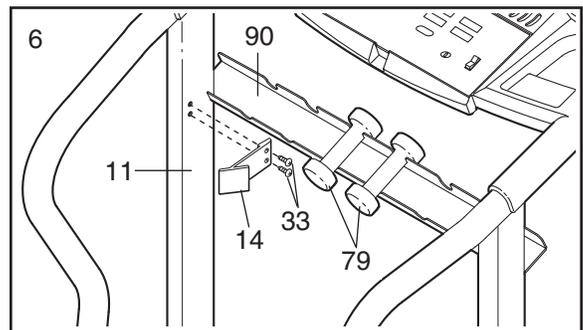
7. **Make sure that all parts are tightened before you use the treadmill.** Keep the included allen wrench in a secure place. The allen wrench is used to adjust the walking belt (see page 13). To protect the floor or carpet, place a mat under the treadmill.

OPERATION AND ADJUSTMENT

THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. They will deteriorate the walking belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

⚠DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off.

To decrease the possibility of your treadmill being damaged, always use a surge protector (not included) with your treadmill.

Surge protectors are sold at most hardware stores and department stores. Use only a CUL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk

of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge protector to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.

The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

DIAGRAM OF THE CONSOLE

Displays

Incline Control

SPEED TRAINING ZONES

PERFORMANCE   FAST

AEROBIC

FAT BURN

WARM-UP
COOL-DOWN   SLOW

RESET   STOP

SPEED CONTROL

HEART RATE TRAINING ZONES

Age	20	30	40	50	60	70	80	
Aerobic	165	155	145	140	130	125	115	♡
Max Burn	145	138	130	125	118	110	103	♡
Fat Burn	125	120	115	110	105	95	90	♡

⚠ WARNING:
To reduce risk of serious injury, stand on foot rails before starting treadmill, read and understand the user's manual, all instructions, and the warnings before use. Keep children away.

① INSERT KEY
② PRESS ON/RESET BUTTON
③ RESET / SET SPEED

ON

ON   OFF
▲   ▼

18:42
TIME

MPH   5.3
SPEED

ON/RESET

1.08
DISTANCE

78
CALS / FAT CALS

PULSE ♡

HEART RATE
SENSOR

POWER INCLINE

Speed Control   Key   Pulse Sensor   Clip

⚠ **CAUTION:** Before operating the console, read the following precautions.

• **Do not stand on the walking belt when turn-ing on the power.**

• **Always wear the clip (see the drawing above) while using the treadmill. When the key is removed from the console, the walk-ing belt will stop.**

• **Adjust the speed in small increments.**

• **To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console. Use only a sealable water bottle.**

BATTERY INSTALLATION

The console requires **three "AA" batteries** (not in-cluded). Alkaline batteries are recommended. To in-stall batteries, open the battery cover as shown at the right. Press the batteries into the battery compartment, with the negative (–) ends of the batteries touching the springs. Close the battery cover, push up on the tab, and then push the tab forward as shown. Be sure that the tab locks into place.

Battery Cover

Batteries

Battery Cover Tab
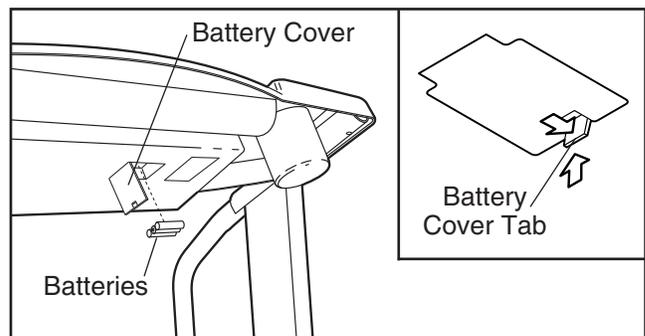
STEP-BY-STEP CONSOLE OPERATION

Before operating the console, make sure that the power cord is properly plugged in. (See HOW TO PLUG IN THE POWER CORD on page 7.)

Next, step onto the foot rails of the treadmill. Find the clip attached to the key (see the drawing above), and slide the clip onto the waistband of your clothing. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.**

Follow the steps on page 9 to operate the console.

**1** **Insert the key fully into the power switch.**

Note: Inserting the key will not turn on the displays. The displays will turn on when the ON/RESET button is pressed or when the walking belt is started. If you just installed batteries, the displays will already be on.
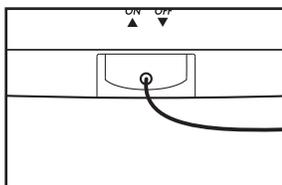
2 **Reset the console and start the walking belt.**

Slide the speed control down to the RESET position. **Note: Each time the walking belt is stopped, the speed control must be moved to the RESET position before the walking belt can be restarted.**
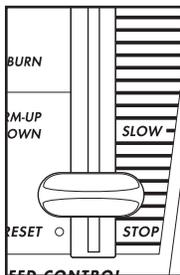
Next, slowly slide the speed control until the walking belt begins to move at slow speed. Carefully step onto the walking belt and begin exercising. Change the speed of the walking belt as desired by moving the speed control.

To stop the walking belt, step onto the foot rails and slide the speed control to the RESET position.

3 **Follow your progress with the four displays.**

TIME display—This display shows the elapsed time.
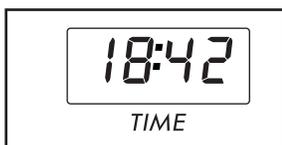
**DISTANCE display**—This display shows the distance that you have walked or run, in miles.

**SPEED display**—This display shows the speed of the walking belt, in miles per hour.

CALORIES/FAT CALORIES/PULSE display—This display shows the approximate numbers of *calories* and *fat calories* you have burned. (See FAT
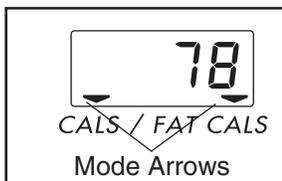
BURNING on page 14.) Every seven seconds, the display will change from one number to the other, as indicated by the mode arrows. This display also shows your pulse when the pulse sensor is used (see step 4).

The displays can be reset, if desired, by pressing the ON/RESET button.
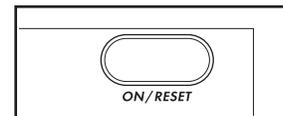
4 **Measure your pulse, if desired.**

To measure your pulse, stand on the foot rails and place your thumb on the pulse sensor as shown. The pulse sensor is pressure activated—fully press it down. **Do not press too hard, or the circulation in your thumb will be restricted, and your pulse will not be detected.** Next, raise your thumb slightly until the heart-shaped indicator in the pulse display flashes **steadily**. Hold your thumb at this level. After a few seconds, three dashes will appear in the display and your pulse will be shown. Hold your thumb on the sensor for another 15 seconds for the most accurate reading.
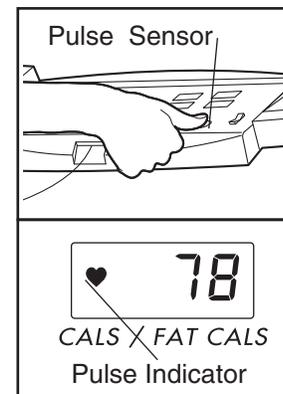
If the displayed pulse appears to be too high or too low, or if your pulse is not displayed, lift your thumb off the sensor and allow the display to reset. Press down again on the sensor as described above. Make sure that your thumb is positioned as shown, and that you are applying the proper amount of pressure to the pulse sensor. Try the sensor several times until you become familiar with it. Remember to stand still while measuring your pulse.

5 **Adjust the incline of the treadmill as desired.**

To change the incline, press the top or bottom of the incline control until the desired incline level is reached.
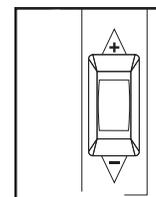
6 **Turn off the power.**

To turn off the power, simply wait for about four minutes. If the walking belt is stationary and the console buttons are not pressed for four minutes,

HOW TO USE THE HAND WEIGHTS

To exercise your upper body as you walk on the treadmill, hold the ,45 kg (1-lb.) weights at your sides or press the weights above your head. To increase the intensity of your exercise, use the 1 kg (2-lb.) or 1,4 kg (3-lb.) weights. The hand weights can be stored in the weight rack.

WARNING: Do not use the hand weights at speeds faster than a walk. Using weights and not holding the handrails may compromise your ability to maintain your balance. Exercises using weights should be attempted only by experienced users.
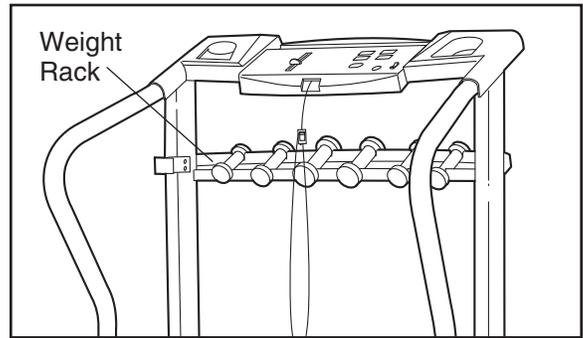
HOW TO SELECT KILOMETRES AND MILES

The console can display distance and speed in either kilometres or miles. To change the unit of measurement, first **UN-PLUG THE POWER CORD.** Next, remove the six screws attaching the console to the console base. Lift the console a few inches, being careful not to pull on the wires, and turn the console over. Locate the small switch on the back of the console. Move the switch upward or downward to select kilometres or miles. Re-attach the console to the console base. **After changing the unit of measurement, remove one of the batteries from the console for about five seconds and then reinsert it. This will reset the console.**
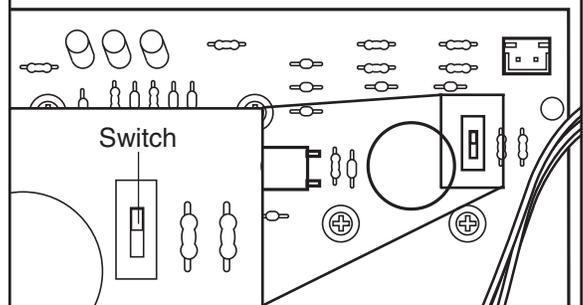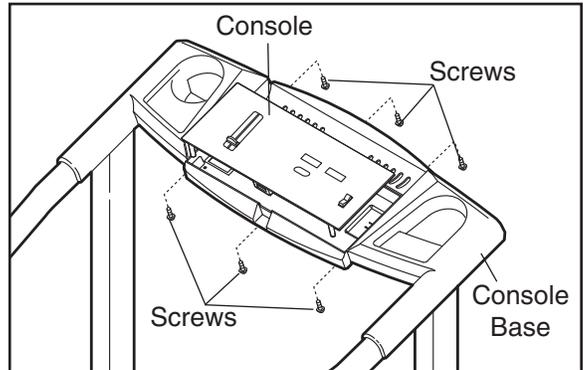
HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, unplug the power cord. **CAUTION: You must be able to safely lift 20 kg (45 lbs.) in order to raise, lower, or move the treadmill.**

1. Hold the treadmill with your hands in the locations shown at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.
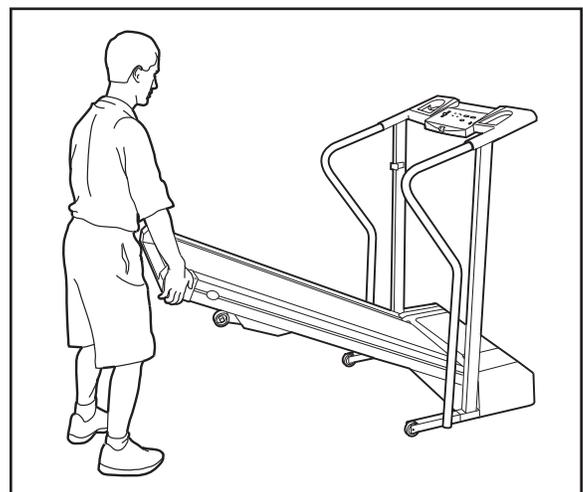
2. Move your right hand to the position shown and hold the treadmill firmly. Raise the treadmill until the storage latch closes over the catch. **Make sure that the storage latch is fully engaged over the catch.**

    To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 30° C (85° F).
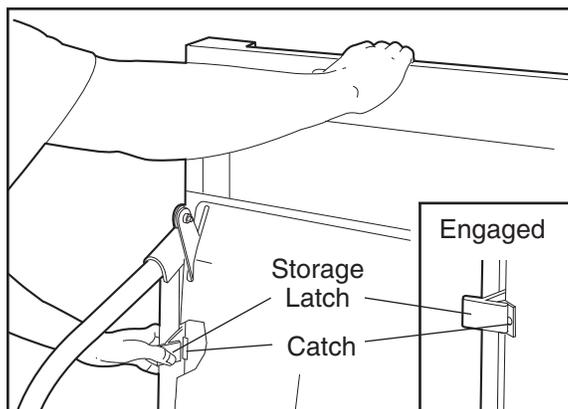

HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the storage latch is closed fully over the catch.**

1. Hold the upper ends of the handrails. Place one foot on the base as shown.

2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**

3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.
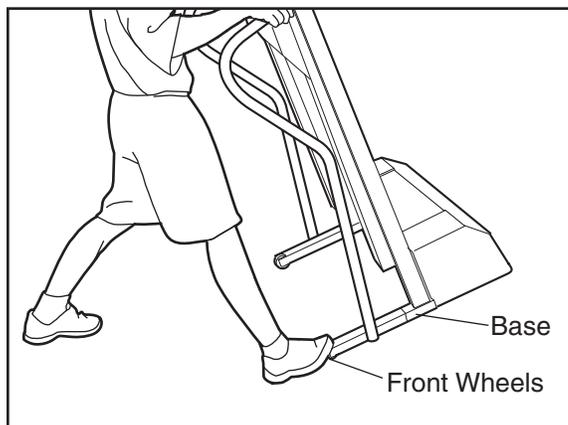
HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left thumb, press the storage latch and hold it. Pivot the treadmill until the frame and foot rail are past the storage latch.

2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **Do not drop the treadmill frame to the floor. To decrease the possibility of injury, bend your legs and keep your back straight.**

11
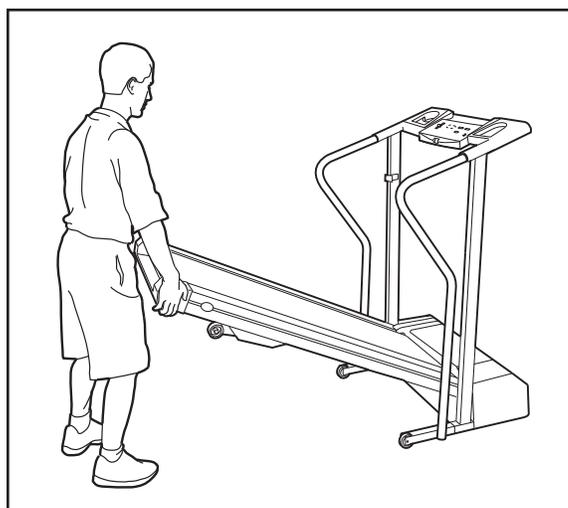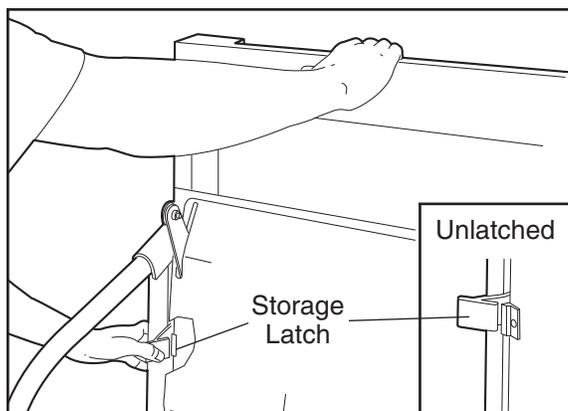
MAINTENANCE AND TROUBLE-SHOOTING

**Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department toll-free at 1-888-936-4266, Monday through Friday, 8h00 until 18h30 Eastern time (excluding holidays).**

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge protector, and that the surge protector is plugged into a properly grounded outlet. (See HOW TO PLUG IN THE POWER CORD on page 7.) Use only a CUL-listed surge protector, rated at 15 amps, with a 14-gauge cord of 1.5 m (5 ft.) or less in length.

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console.

c. Check the circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.
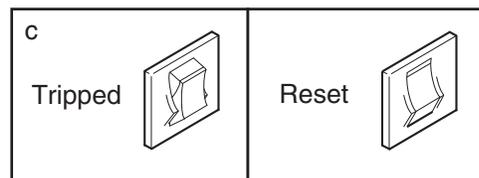
PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in.

c. Remove the key from the console. Reinsert the key fully into the console.

d. If the treadmill still will not run, please call our Customer Service Department, toll-free.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Check the batteries in the console. If the batteries need to be replaced, see "BATTERY INSTALLATION" on page 8. Most problems are the result of drained batteries.

b. Remove the screws from the hood, and carefully re-move the hood. Locate the Reed Switch (76) and the Magnet (93) on the left side of the Pulley (77). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that there is a gap of about 3 mm (1/8 in.) between the Magnet and the Reed Switch.** If necessary, loosen the Screw (17) and move the Reed Switch slightly. Retighten the Screw. Re-at-tach the hood, and run the treadmill for a few minutes to check for a correct speed reading.
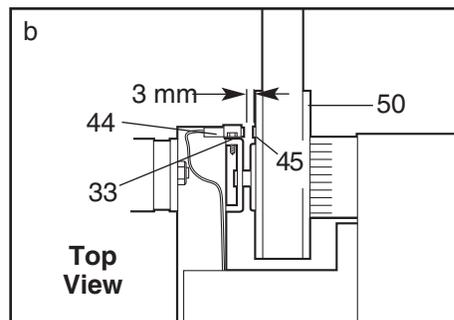
4. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

a. Use only a UL-listed surge suppressor, rated at 15 amps, with a 14-gauge cord of 1.5 m (5 ft.) or less in length.

b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 5 to 7 cm (2 to 3 inches) off the walking platform. The center of the walking belt should just touch the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

Rear Roller Adjustment Bolts
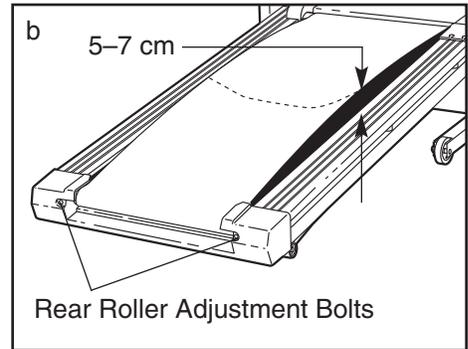
c. If the walking belt still slows when walked on, please call our Customer Service Department, toll-free.

5. SYMPTOM: THE WALKING BELT IS OFF-CENTER

a. **If the walking belt has shifted to the left**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to over-tighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.

b. **If the walking belt has shifted to the right**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to over-tighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.

c. **If the walking belt slips when walked on**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 5 to 7 cm (2 to 3 inches) off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.
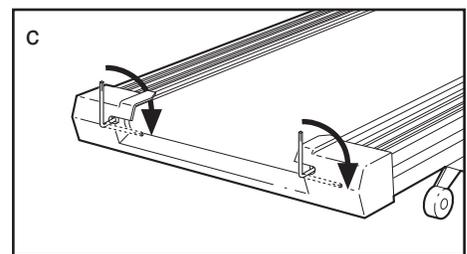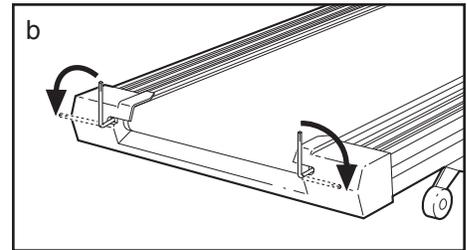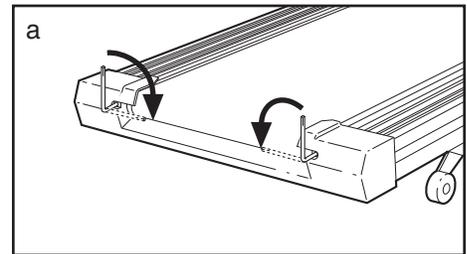
CONDITIONING GUIDELINES

⚠ WARNING: **Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.**

The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

HEART RATE TRAINING ZONE

	MIN BPM ♥		♥ MAX BPM
AGE	**Fat Burn**	**Max Burn**	**Aerobic**
20	125	145	165
30	120	138	155
40	115	130	145
50	110	125	140
60	105	118	130
70	95	110	125
80	90	103	115

To find the proper heart rate for you, first find your age on the left side of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers to the right of your age. The three numbers are your "training zone." The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near one of the lower two numbers in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A Warm-up

Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise

After warming up, increase the intensity of your exercise until your heart rate is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

A Cool-Down

Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-888-936-4266, Monday through Friday, 8h00 until 18h30 Eastern time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

• The MODEL NUMBER of the product (WCTL49300)

• The NAME of the product (WESLO CADENCE® 215S treadmill)

• The SERIAL NUMBER of the product (see the front cover of this manual)

• The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAW-ING in the center of this manual).

PLACE
STAMP
HERE

ICON of Canada Inc.
900 de l'Industrie
St-Jérôme, Québec
Canada, J7Y 4B8

REMOVE THIS EXPLODED DRAWING AND PART LIST FROM THE MANUAL

Save this EXPLODED DRAWING and PART LIST for future reference.
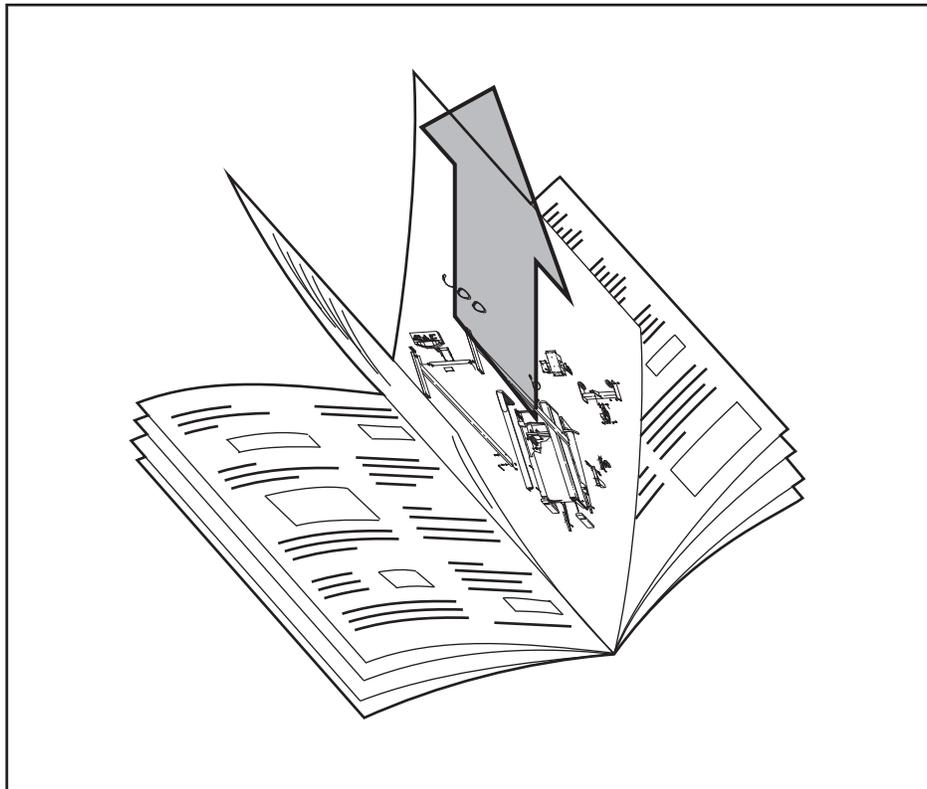
Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of the User's Manual.

LIMITED WARRANTY

ICON OF/DU CANADA INC., (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of 1 year from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges pre-paid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, mis-use, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some provinces do not allow the exclusion or limitation of incidental or consequential dam-ages. Accordingly, the above limitation may not apply to you. The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some provinces do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from province to province or so specified by the retailer of your equipment.

ICON OF/DU CANADA, 900 de l'Industrie, St. Jerôme, QC J7Y 4B8

ICON of/du Canada Inc. **WEIDER** **PRO·FORM** **WESLO** **PRODUCT WARRANTY REGISTRATION**

IMPORTANT: MAIL WITHIN 14 DAYS OF PURCHASE

NAME: _____ PHONE: _____

ADDRESS: _____

COUNTY: _____ POSTCODE: _____

MODEL NO. _____ SERIAL NO. _____ PURCHASE _____

RETAILER NAME: _____ RETAILER ADDRESS: _____

1) Primary user(s) of product:
   ❏ Male   ❏ Female   ❏ Family

2) Age of primary user:
   ❏ 0–24   ❏ 35–44   ❏ 55–64
   ❏ 25–34   ❏ 45–54   ❏ 65 and over

3) Annual household income:
   ❏ 0–9,999   ❏ 15,000–19,999
   ❏ 10,000–14,999 ❏ 20,000+

4) How many times a week do you exercise?
   ❏ Less than 3 times   ❏ 3 times or more

5) Have you ever purchased an ICON product before?
   ❏ Yes   ❏ No

6) Where did you first see or hear about ICON products?
   ❏ Magazine   ❏ Friend/relative
   ❏ Newspaper Ad ❏ Store
   ❏ Other

7) What was the primary reason for purchasing this ICON product?
   ❏ Store Employee   ❏ Television Ads   ❏ Colour
   ❏ Electronic Features ❏ Magazine Ads   ❏ Price
   ❏ Product Design   ❏ Product Innovation
   ❏ Other Features

8) Did you consider purchasing fitness equipment from another manufacturer?
   ❏ No   ❏ Yes
   What other Manufacturer? _____

9) Based on your impression of what you have purchased, would you buy another ICON product?
   ❏ Yes   ❏ No   ❏ No Opinion
   If not, what other brand name equipment would you purchase?
   _____

10) What other type of exercise equipment do you own?
    ❏ Bicycle   ❏ Exercise Cycle   ❏ Treadmill
    ❏ Home Gym   ❏ Weight Bench   ❏ Stepper
    ❏ Cardio Glide ❏ Other

11) Which type of magazines do you read regularly?
    ❏ Sports   ❏ Fitness   ❏ Motoring
    ❏ Business ❏ Computer   ❏ General

12) Do you wish to be sent further bulletins about ICON products?
    ❏ Yes   ❏ No

THANK YOU FOR YOUR TIME

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PART LIST—Model No. WCTL49300

Key No.	Qty.	Description
1	1	Left Handrail
2	1	Key/Clip
3	2	Incline Leg Pivot Bolt
4	2	Battery Cover
5	1	Left Foot Rail
6	1	Lift Motor
7	1	Rear Roller
8	1	Speed Potentiometer
9	1	Speed Control Knob
10*	1	Console Assembly
11	1	Upright
12	1	Motor Belt
13	4	Belt Guide Screw
14	1	Storage Latch
15	2	Handrail Nut
16	7	8" Cable Tie
17	6	Incline Leg Pivot Nut
18	1	Pulley/Flywheel/Fan
19	1	Motor
20*	1	Motor/Pulley/Flywheel/Fan
21	1	Wire Harness
22	1	Motor Pivot Nut
23	1	Motor Hood
24	1	Hood Shield
25	8	Small Screw
26	1	Controller
27	1	Motor Swivel Bolt
28	1	Motor Tension Nut
29	1	Motor Tension Star Washer
30	1	Motor Tension Washer
31	4	Motor Tension Bolt
32	1	Incline Stop Bracket
33	13	Screw
34	2	Extension Leg
35	1	Hood Shield Plug
36	2	Wheel Bolt
37	2	Wheel
38	4	Wheel Nut/Lift Nut
39	11	Washer
40	4	Base Pad
41	2	Rack Washer
42	3	Latch Catch
43	1	Reed Switch Clip
44	1	Reed Switch
45	1	Magnet
46	1	Console Base
47	2	Frame Spacer
48	4	Platform Screw
49	4	Isolator
50	1	Front Roller/Pulley
51	1	Front Roller Adj. Bolt
52	2	Incline Wheel
53	2	Extension Leg Screw
54	1	Power Cord
55	1	Power Cord Grommet
56	1	Circuit Breaker
57	2	Frame Pivot Washer
58	2	Frame Pivot Bolt
59	1	Latch Decal
60	1	Motor Belly Pan
61	2	Cable Tie Clamp
62	2	Rear Platform Screw
63	3	Releasable Tie
64	1	Choke
65	2	Belt Guide
66	4	Belly Pan Fastener
67	1	Walking Belt
68	1	Walking Platform
69	1	Belly Pan
70	21	Rear Hood Screw
71	1	Incline Wire Harness
72	1	Upright Grommet
73	4	Isolator Screw
74	1	Allen Wrench
75	1	Frame
76	2	1 lbs Weight
77	2	Incline Wheel Bolt
78	2	2 lbs Weight
79	2	3 lbs Weight
80	2	Front Hood Screw
81	1	Ground Wire
82	1	Incline Leg
83	2	Rear Roller Adj. Bolt
84	1	Rear Endcap
85*	2	Extension Leg Assembly
86	1	Right Foot Rail
87	2	Belly Pan Screw
88	1	Right Handrail
89	2	Rack Bolt
90	1	Weight Rack
91	2	Handrail Bolt
92	2	Handrail Washer
#	1	8" White Wire, Pigtail
#	1	8" Blue Wire, M/F
#	1	8" Red Wire, M/F
#	1	User's Manual

* Includes all parts shown in the box

These parts are not illustrated

EXPLODED DRAWING—Model No. WCTL49300

R1102A